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GLENBROOK globe

THE OFFICIAL GLENBROOK COMMUNITY NEWSLETTER



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**The Glenbrook Community Association
is asking for your feedback.**

**Please fill out the following quick surveys on three
crucial topics to let us know where we can improve.**

Thank you!

INVOLVEMENT:



HALL USAGE:



COMMUNICATION:



Glenbrook Community Association

3524-45 Street SW, Calgary, Alberta T3E 3V2

Please direct all questions to
glenbrook.community@shaw.ca
or call 403-249-6664.

2025 Board Members

President	Kim
Vice-President	Vacant
Past-President	Ken
Secretary	Murray
Treasurer	Gary
Media Editor	Noel
Director at Large	Nicole
Director at Large	Margaret
Memberships	Mary
Outdoor Planning	Bill
Urban Canopy	Bistrin
Hall Rentals	Shirley
Senior Programming	Grace
Social Committee	Emily
Pet of the Month	Charlene
City of Calgary Social Worker	Binu

Hall Rentals

Please direct all questions to
glenbrook.community@shaw.ca
or call 403-249-6664.

Hall:

- Monday to Thursday, Daytime (cut off 5:00 pm)
 - \$30 per hour, minimum three hours
 - Damage Deposit of \$250
- Monday to Thursday, Evening (5:00 to 10:00 pm)
 - \$35 per hour, minimum three hours
 - Damage Deposit of \$250
- Friday, Saturday, and Sunday (8:00 am to 3:00 am)
 - \$400 day rate
- Wedding Package: Friday evening (5:00 pm) to Sunday (12:00 pm)
 - \$700

Security Deposit:

A \$500 security deposit is required for all hall rentals (unless otherwise noted) to be returned up to seven days past the event.

Boardroom:

- Monday to Thursday
- \$30 per hour, minimum three hours (daily maximum of \$250)
- Not available for rental Saturday or Sunday

Storage Rooms:

- Small (8'x16') – \$100 per month
- Large (12'x14') – \$120 per month

Note:

The sport shack, parking lot/parking spaces, and outdoor rinks/sport courts are not for rent. They are for community association use only.

GCA Meetings

Upcoming Meetings

• September 5 • October 2

Did you know that anyone can attend meetings of the Glenbrook Community Association? They aren't only for board members. Everyone in our community has a voice and we would love to hear them.

Meetings are held on the first Thursday of the month, from September to June, at 7:00 pm in the Glenbrook Hall (3524 45 St SW).

PRESIDENT'S MESSAGE

Hello Glenbrook!

July is full of festivities. The month is kicked off by celebrating Canada Day, followed by the Calgary Stampede. Both are a great opportunity to take a break, enjoy time with friends and family, and reflect on what it means to live in this country and city. Whether you're joining a local event, watching fireworks, or simply relaxing at home, I hope you find a moment to appreciate the community we're all part of.

As we enter the summer months, the Glenbrook Community Association Board of Directors takes a break from our monthly meetings. These meetings will resume starting on Thursday, September 4. Along with that, some of our regular programming also pauses for July and August. Please check this newsletter or our Facebook and Instagram pages for details.

We will be spending the summer months working on our 2026-2030 Business Plan, which outlines a clear vision, strategic objectives, and a practical roadmap for the growth and sustainability of the community association. It will serve as both a guide for our internal decision-making and a tool to engage with partners and investors moving forward. Your feedback through our survey plays a key role in shaping the business plan by helping us understand community priorities and make informed decisions that reflect your needs. If you haven't already, please take a moment to respond to the surveys (see the QR codes in the *Globe*).

Lastly, Shirley's Greenhouse will be at the hall every Sunday until the fall. Make sure you swing by for some fresh local veggies, eggs, and canned goods.

Wishing you all a wonderful summer!

Take care,

Kim

President, Glenbrook Community Association



Events Committee

Are you interested in how the Glenbrook Community Association plans its yearly events and want to help us with the next one? Come check out our Events Committee! See how you fit into our existing events or propose a brand-new idea. We meet on the second Wednesday of most months. Reach out to glenbrook.community@shaw.ca with any questions. We hope to see you there!



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BRAIN GAMES

SUDOKU

	7			4	2	6		5
				9	1			4
2								
	2					5		
5		6				7		9
		3					8	
								8
4			3	6				
1		9	2	5			4	

SCAN THE QR CODE FOR THE SOLUTION



Letter from the Editor

Hello, Dear Reader!

My name is Noel, and I am the media editor for the Glenbrook Community Association. I hope you enjoy reading this edition of *the Globe*, whether in print or online. We love to hear from the community and get to know our readership, so if you have any feedback, questions, ideas, or just want to say hi, feel free to email glenbrook.community@shaw.ca and we will get back to you.

Thanks!



9 PM
ROUTINE

CALGARY
POLICE
SERVICE

☒ CHECKLIST

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

Starting June 1st!



Weekly farm stands

Support local calgary.ca/localfood

Sundays 10am-2pm

Glenbrook: Community Association
3524 45 St SW

In partnership with The City of Calgary and GCA,
Shirley's Greenhouses is running a farm stand in our community.
Get some fresh local fruit, veggies, eggs, and baked goods!

Pets of Glenbrook

Do you have a furry friend who you would like to show off to the readers of the *Glenbrook Globe*? We are taking submissions for our monthly Pets of Glenbrook feature. Just email a photo and short write-up about them to Charlene at glenbrookglobepets@gmail.com. We look forward to meeting them!



CLASSIC CARS GLENBROOK

1965 FORD FALCON



Words and photo by Fred Nelson

After a series of muscle cars and street rods, Bob wanted something more simplified to drive on weekends and nice days.

This little Falcon definitely fits that description.

Back in the day, we used to joke that its six-cylinder engine had only ten moving parts, including the fan.

If you have a classic car that you would like to see featured in the Glenbrook Globe, please reach out to Fred at 403-242-3856.



GLENBROOK COMMUNITY MEMBERSHIP

Glenbrook Hall: 3524 – 45 Street SW, Calgary, AB T3E 3V2
Glenbrook.Community@shaw.ca • 403- 249-6664

Your community association is a group of volunteers who work to make your community a great place to live for residents of all ages. You can become involved with your community association in two important ways:

1. Become a member – when you purchase your annual Glenbrook membership, your dues are used to offer you and your neighbours many programs and activities.

2. Become a volunteer – Glenbrook Community Association relies on volunteers to make things happen. There are many ways to volunteer to make your community a more enjoyable place to live. At the same time, you will make new friends and learn new skills.

Membership forms and payment can be dropped off at the Glenbrook Hall mail slot, mailed through Canada Post to the Hall (address listed above), or purchased at community events. Debit and Credit payments are now accepted.

Membership fees: \$25 per family (includes any family member living at same address) or \$20 for Senior (65 years and older) or individual. Please make cheques payable to: Glenbrook Community Association

(September 1, 2024 to August 31, 2025)

Name:

Address:

Phone:

Cell:

Email:

Membership type: Family (\$25)

Senior 65+/Single (\$20)

Payment type: Cash Cheque

(payable to Glenbrook Community Association)

Volunteer – we are always looking for volunteers to help with various events within the community. Volunteer opportunities include the following - Skating events, skating rink maintenance, Family Fun days, Community cleanup day, sports events, Casinos, etc.

Contact for Volunteer canvas: Yes

No.....

GLENBROOK ATHLETICS

Calgary Padel Club

Junior Program, Adult Teams, Tournaments
3524 45 St. SW | info@calgariypadel.ca

Calgary Wildcats Football

Atom/Bantam/Peewee, Spring Football
Practices at Glenbrook School
Games at Shouldice Athletic Park
contact@calgarywildcatsfootball.com

Fencing Academy of Calgary

Introductory/Beginner/Intermediate
Foil, Epee, or Sabre Class
3524 45 St. SW | faofc@fencingacademy.ca

Umoja Community Mosaic

Soccer Without Boundaries – Saturday Soccer Club
Various locations including Glenbrook
office@umojamosaic.org



Follow Us On Social Media



Glenbrook Community
Association



@glenbrookcommunityyc

Connect with your community
Learn about neighbourhood events
and services
Find what makes Glenbrook great!

CONNECTING GLENBROOK

The Glenbrook Community Association is pleased to offer a number of free clubs and groups throughout the month, taking place at the community hall. If you are interested in trying out one or more of these, please email glenbrookevents@shaw.ca so we can gauge interest. Long-term participation in these programs will require purchase of a community membership.



Tai Chi

On Tuesday mornings, we have been gathering at the hall to practice a Qi Gong 18 form modified Tai Chi exercise program. The program consists of a warm-up, two sets of 18 stand-in-place exercises, and some upper body stretches to cool down with a few spontaneous laughter sessions thrown in. Combine this with some socialization and it makes for a fun time. Come out and give it a try.

Contact Gary at glenbrookevents@shaw.ca.



Pickleball

We continue to play on Monday, Wednesday, and Friday mornings. Beginners are welcome to come for instruction, equipment, encouragement, and fun on Friday mornings. We now start at 8:00 am to beat the heat.

Contact Grace at glenbrookevents@shaw.ca.



Book Club

Our next meeting will take place in September, and we will read *Revenge of the Tipping Point* by Malcolm Gladwell. Please reach out for date and time information, especially if you are coming for the first time and in case of changes.

Contact Grace at glenbrookevents@shaw.ca.



Coffee Social

The next Coffee Social will be in September. Have a great summer!

Contact Audrey at glenbrookevents@shaw.ca.



Butterfly and Pollinator Garden

Work is progressing on the butterfly garden at the southwest corner of the community hall. Before long, we will be seeing all sorts of pollinators in this area, like this large, beautiful butterfly. You may think the Canadian Tiger Swallowtail is a bird at first. It prefers to feed on lilacs and dandelions. The female lays its eggs on aspen, willow, or crab-apple trees.

If you have any pollinator-friendly perennials (non-invasive or spreading) you would like to add, or any questions/suggestions, please do reach out.

Contact Grace at glenbrookevents@shaw.ca.

Main Hall

Tuesday, July 8	Tai Chi	10:00 to 11:30 am
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Tuesday, July 15	Tai Chi	10:00 to 11:30 am
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Tuesday, July 22	Tai Chi	10:00 to 11:30 am
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Tuesday, July 29	Tai Chi	10:00 to 11:30 am
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Wednesday, September 17	Book Club	
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Friday, September 26	Coffee Social	10:00 to 11:30 am
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Glenbrook Real Estate Update

Last 12 Months Glenbrook
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
May 2025	\$580,000	\$585,000
April 2025	\$695,000	\$705,000
March 2025	\$584,900	\$630,000
February 2025	\$739,950	\$730,500
January 2025	\$340,000	\$341,000
December 2024	\$534,450	\$527,500
November 2024	\$685,000	\$700,000
October 2024	\$712,450	\$713,100
September 2024	\$715,000	\$700,000
August 2024	\$487,450	\$476,250
July 2024	\$439,900	\$450,000
June 2024	\$699,900	\$700,000

Last 12 Months Glenbrook
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
May 2025	24	12
April 2025	19	11
March 2025	19	11
February 2025	9	10
January 2025	10	5
December 2024	4	4
November 2024	7	13
October 2024	11	12
September 2024	16	11
August 2024	16	18
July 2024	11	13
June 2024	25	21

To view more detailed information that comprise the above
MLS averages please visit glen.mycalgary.com



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MOVIE IN THE PARK

Back by popular demand!

Saturday, September 6

3424 45 St SW - open field next to sport court

FREE Entry

Pre-movie Magic Show and Balloon Animals

50¢ Concessions

In the event of inclement weather, movie will be postponed while other entertainment is moved indoors as scheduled



BBQ Beef Patties on Buns

by Jennifer Puri

Alfalfa can be termed a super food due to its remarkable antioxidant properties. Antioxidants are highly effective against inflammation and may help protect cells from damage.

Alfalfa sprouts are made from germinated alfalfa seeds. These small stringy sprouts are filled with nutrients and are a good source of protein, fibre, vitamins, and minerals.

Alfalfa, radish, broccoli, kohlrabi, or red and green cabbage sprouts are all healthy and can be added to a sandwich, salad, soup, smoothie, or an omelette.

Alfalfa sprouts not only add a crunchy texture to any dish but can also make a dish look “gourmet” as shown in the BBQ Beef Patties on Buns recipe below.

Prep Time: 20 minutes

Cook Time: 10 minutes

Servings: 4

Ingredients:

- 1 lb lean ground beef
- ½ cup fine dry breadcrumbs
- ½ tsp. coarsely ground black pepper
- 1 egg
- ⅓ cup barbeque sauce
- 2 tsps. finely chopped parsley
- 4 slices mozzarella cheese
- 4 hamburger buns

Toppings:

- Red onion
- Lettuce leaves
- Mayonnaise
- Mustard
- Alfalfa or radish sprouts

Directions:

1. In a medium size bowl mix together ground beef, egg, breadcrumbs, barbeque sauce, chopped parsley and black pepper until mixture is smooth.



2. Divide the mixture into 4 equal size portions and form balls. Flatten the balls into ¾ inch patties on a cutting board. Use your thumb to create a depression in the centre of each patty which helps to keep them in shape while cooking.
3. Oil the grilling grates and then grill the patties, covered, on medium high heat or until brown on the first side about 5 to 6 minutes.
4. Flip the patties and continue cooking for a few more minutes until desired doneness is reached. Use a meat thermometer to check the internal temperature of the patties aiming for at least 160 degrees Fahrenheit.
5. Top each patty with a slice of mozzarella cheese and allow cheese to melt.
6. Slice buns in half and toast on the grill if desired. Spread a little mayo and mustard followed by lettuce leaves, onion slices, and patties on one half of the buns then top with alfalfa sprouts and remaining half buns. Serve with French or sweet potato fries if desired.

Bon Appétit!

Heat Related Illness

by Alberta Health Services

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.



- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.

Québec Village



On July 3, 1608, a trading post was established on the site of present-day Québec City that was part fort and part village. Samuel de

Champlain fostered fur trades and used this building as a base. We're sure it looked a whole lot different back then!





Bow River

by Garth Paul Ukrainetz

Bow River, Bow River, O where is your quiver
Where are the arrows you hide deep inside
Take aim for the moon, let them fly thru the heavens
Shooting like stars over Calgary skies

Bow River, Bow River, melt of glaciers deliver
Water flows pure from the mountaintops high
Your destiny's duty to guard and protect it
Transporting for all under big prairie sky

Bow River, Bow River, always generous giver
Jubilation you bring to Alberta's dry land
For water is life, you bestow of it freely
Grateful animals drink from the palm of your hand

Bow River, Bow River, mighty warrior consider
While forward you lead, we'll be watching your back
To be perfectly clear, we can't take you for granted
Drought and pollution will sneak and attack



MLA Calgary-Currie
Janet Eremenko
206B – 1615 10 Ave SW
Calgary, T3C 0J7
📞 403-426-4794
✉ calgary.currie@assembly.ab.ca

Stampede is truly one of my favourite times of the year in Calgary. It reminds me of the amazing feats we're capable of as a city, and all that we can accomplish within community. When the street flags are raised and the windows are painted, we know it's "go time" for local businesses, organizations, and tourist services to welcome visitors from near and far. It's estimated Calgary greets over one million visitors from outside Calgary during this ten-day period. Remarkable!

Already, we see that Canadians are choosing to stay closer to home and explore this incredible country we have the privilege to call home. If you haven't been to the Stampede for a while, maybe this is the year. Check out the new Elbow River Camp at the northeast end of the grounds.

But certainly, if the Stampede isn't your cup of tea, there are so many other ways to soak in all that is amazing about Alberta in the summer. Try canoeing on the Glenmore Reservoir or hiking in Nose Hill. Head south to Crowsnest Pass or Waterton Lakes (I can't believe I had never been before 2022!) or go camping in Writing-on-Stone or Drumheller. Take in a festival or visit a local farmers market—so many great options!

Thank you to every single volunteer and organizer who help to make the summers extra special. If you have the ability to lend a hand, please do! It's the kind of investment in your community and your well-being that is a perfect antidote to isolation and loneliness. I look forward to enjoying the long summer days in Calgary-Currie, door-knocking, attending events, and indulging in a few pancakes here and there.

Wishing you, your friends, and family a safe and memorable summer.



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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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